



# EFORT FOUNDATION

## Visiting Fellowship Report

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<b>Country of residence:</b>	USA
<b>Country of visiting fellowship:</b>	Switzerland
<b>Host centre:</b>	Shoulder & Elbow Center, Lindenhofspital, Berne
<b>Name of the host:</b>	Prof. Dr. med Ralph Hertel
<b>Dates of visiting fellowship:</b>	March through April 2021

*It is recommended that the report is 3-4 pages including the cover page.*

The following paragraphs should be addressed:

1. Description of clinical activities during the fellowship
2. Description of scientific activities during the fellowship
3. Description of social aspects of the fellowship
4. Technical skills that I learnt during the fellowship
5. Theoretical knowledge that I learnt during the fellowship
6. New knowledge and skills that I can implement in my own practice
7. Overall reflective statement over how the fellowship contributed to my professional development
8. What are you plans for the future?

### Expenses:

Travel: EUR...  
Accommodation: EUR...  
Other expenses: EUR...

Topic	Please tick one of the boxes <input checked="" type="checkbox"/> 1 (poor) to 5 (very good)					Your comments, thoughts, recommendations
	1	2	3	4	5	
Education						
Could you improve your knowledge and gain new experiences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	This fellowship was an incredible and unforgettable experience. I learned so much from Prof Hertel.
Host Department						
How was your communication with your host centre (regarding accommodation, programme, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Communication was great from EFFORT. Special shoutout to Ms. Marchal who really helped me through the process.



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Did they offer you a social programme?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Due to COVID restrictions there was not much room for a social programme. However, routinely after cases we met for coffee in the cafeteria to discuss various things including educational discussions.
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## Report to EFORT:

Text (needs to be minimum of two pages A4 detailed report)

I first would like to express my gratitude for giving me the privilege to experience such a great educational opportunity through the EFORT Foundation. I completed my international visiting shoulder and elbow fellowship with Prof. Dr. med. Ralph Hertel. This clinical experience provided me an unforgettable educational experience.

Due to COVID-19, clinical activities were limited to operating room days. Visiting fellows were not allowed to come to clinic and only assisted during surgical days. As such, I assisted in Prof Hertel in surgery 2-3 days per week for the 8 weeks I was there. During these 8 weeks I assisted in 95 procedures which came out to approximately 11-12 cases per week. Dr. Hertel's practice is typically very busy but due to COVID restrictions the overall case numbers were low. However, during my rotation the COVID numbers in Switzerland improved and his case volume was back to near-normal Each surgical day consisted of various shoulder/elbow conditions including trauma, rotator cuff injuries, shoulder arthroplasty, shoulder instability, shoulder arthroscopy and various injuries to the elbow. As far as scientific activities during the fellowship, I did read a few scientific articles that Prof Hertel asked me to read. Additionally, I helped compose a technique video on a revision of an anatomic total shoulder arthroplasty to a reverse shoulder arthroplasty due to a chronic lesser tuberosity nonunion. I assisted in the procedure and the video was published on VuMedi.

As far as social aspects of the fellowship, this was limited due to COVID-19 restrictions. However, after each surgical day we often met for coffee in the hospital cafeteria where we had educational and life discussions. During my rotation I met and worked with my co-fellow, Armando Oseugerra, who is an orthopedic surgeon from Mexico. I became close with Armando and to this day keep in touch with him. Thanks to the EFORT Foundation and Prof Hertel I have found an international friend that I will keep for the rest of my life.



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There were many technical skills and theoretical knowledge that I will carry for the rest of my career. One of the things that impressed me the most during shoulder arthroplasty was how amazing Prof Hertel's glenoid exposure was. The reason we were able to see the glenoid so well was due to the capsular releases he performs, most importantly the posterior capsular release with a complete posterior humeral head dislocation. This is something I will definitely carry out in my career since glenoid exposure can be one of the most challenging aspects of shoulder arthroplasty. Prof Hertel made it look easy. Additionally, I admired the way Prof Hertel would undergo surgical approaches. Whenever tackling a particular muscle interval he makes incisions in such a way that he knows which direction to dissect to find the interval he desires. For example, in the deltopectoral approach he makes his incision more lateral than I've seen, essentially in line with the acromioclavicular joint. This way as he's dissecting he knows which way to go: medially. I myself have been stuck in a deltopectoral approach and not sure if I need to dissect more laterally or medially to find the right interval. This way he ensures he is going the right direction during dissection.

I think what struck me the most during this fellowship is approach and thought process Prof Hertel takes with not just orthopedic surgery, but also life. One of the first things Prof Hertel explained to me when the rotation started was the term "Kurst Fehler". In German, this translates to a "failure of art". He went on to explain that medicine, particularly orthopedic surgery is an art and when I began operating with him I really saw him take this phrase into practice as he operated on his patients. Prof Hertel clearly cared about perfection and wanted to make sure his surgery resulted in good outcomes for his patients. This concept of an art in medicine or art in surgery could not be better seen than when he performed stabilization surgery for shoulder instability. Everything about the procedure defines "finesse" starting from the iliac crest graft harvest. After preparing the glenoid and tagging all the capsulolabral structures with sutures the placement of the hand-made graft into the glenoid defect was truly a climactic moment. This embodied art and one could feel stability restored into the shoulder joint. I enjoyed all of the procedures I assisted with Prof Hertel but I have to say this was definitely my favorite.

As far as my future plans, I have graduated from my orthopedic residency at Baylor College of Medicine in Houston, Texas. I am starting my sports medicine fellowship at the San Diego Arthroscopy & Sports Medicine program. I hope to settle back in Houston once I complete this 1-year fellowship in San Diego.



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In conclusion, I thoroughly enjoyed my visiting fellowship with Prof Hertel. He is a pleasure to learn from and I learned many things from him. We discussed many topics including orthopedic surgery, orthopedic history, life and politics and he gave many lessons that will carry with me for the rest of my life. I cannot thank him and the EFORT Foundation for giving me this opportunity.

Best regards,

*Ali Qadeer*

Ali Qadeer, MD

